


OCTOBER 2016 ~ GROUP EXERCISE CLASSES

DIABETES PROGRAM - SALT RIVER FITNESS CENTER

PH: 480-362-7320

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>12:05P-12:50P</div> <div>CROSS-TRAINING</div> <div>W/RACHEL</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/ANNIE</div> <div>6:30P-7:30P</div> <div>BASIC YOGA W/MELINDA</div> <div></div>	<div>4</div> <div>6:15A-7:00A</div> <div>NO CLASS</div> <div>10:00A-10:30A</div> <div>NO CLASS</div> <div>11:05A-11:50A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>TOTAL BODY</div> <div>CONDITIONING W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>6:30PM-7:15PM</div> <div>HEALTHY</div> <div>FAMILY</div> <div>GLOW WALK</div> <div>Fitness Center Courtyard</div> <div>Building 32</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>5</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>11:05A-11:50A</div> <div>LO IMPACT WORKOUT</div> <div>W/RACHEL</div> <div>12:05P-12:50P</div> <div>HIIT w/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>6</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>ZUMBA®W/RACHEL</div> <div>5:30P-6:30P</div> <div>HIIT W/RACHEL</div> <div>6:30P-7:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div> <div></div>	<div>7</div> <div>11:05A-11:55A</div> <div>BASIC YOGA W/RACHEL</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/BEVERLY</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/RACHEL</div> <div></div>
<div>10</div> <div>12:05P-12:50P</div> <div>CROSS-TRAINING</div> <div>W/RACHEL</div> <div>1:00P-2:00P</div> <div>BASIC YOGA</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/ANNIE</div> <div>6:30P-7:30P</div> <div>BASIC YOGA W/MELINDA</div> <div></div>	<div>11</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>10:00A-10:30A</div> <div>YS EPP MOUSERCISE</div> <div>11:05A-11:50A</div> <div>SPIN W/MICHELLE</div> <div>12:05P-12:50P</div> <div>TOTAL BODY</div> <div>CONDITIONING W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>12</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>11:05A-11:50A</div> <div>NO CLASS</div> <div>11:30A-12:30P</div> <div>FITNESS CENTER</div> <div>CLOSED</div> <div>HEALTH SERVICE</div> <div>MEETING</div> <div>12:35P-1:20P</div> <div>HIIT w/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>13</div> <div>6:15A-7:00A</div> <div>NO CLASS</div> <div>12:05P-12:50P</div> <div>ZUMBA®W/RACHEL</div> <div>5:30P-6:30P</div> <div>NO CLASS</div> <div>5:30PM - 7:00PM</div> <div>NATIONAL</div> <div>BREAST</div> <div>CANCER MONTH</div> <div>WALK/RUN</div> <div>Fitness Center Courtyard</div> <div>Building 32</div> <div>6:30P-7:30P</div> <div>NO CLASS</div> <div></div>	<div>14</div> <div>11:05A-11:55A</div> <div>BASIC YOGA W/RACHEL</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/RACHEL</div> <div></div>
<div>17</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/RACHEL</div> <div>6:30P-7:30P</div> <div>BASIC YOGA W/RACHEL</div> <div></div>	<div>18</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>10:00A-10:30A</div> <div>YS EPP MOUSERCISE</div> <div>11:05A-11:50A</div> <div>SPIN W/MICHELLE</div> <div>12:05P-12:50P</div> <div>TOTAL BODY</div> <div>CONDITIONING W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>19</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>11:05A-11:50A</div> <div>LO IMPACT WORKOUT</div> <div>W/RACHEL</div> <div>12:05P-12:50P</div> <div>HIIT w/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>20</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>ZUMBA®W/RACHEL</div> <div>5:30P-6:30P</div> <div>HIIT W/MICHELLE</div> <div>6:30P-7:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>21</div> <div>11:05A-11:55A</div> <div>BASIC YOGA W/RACHEL</div> <div>12:05P-12:50P</div> <div>NO CLASS</div> <div>12:00P - 1:00P</div> <div>PINK OUT</div> <div>PARTY!</div> <div>ZUMBA®</div> <div>Two Water Courtyard</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/RACHEL</div>
<div>24</div> <div>12:05P-12:50P</div> <div>CROSS-TRAINING</div> <div>W/RACHEL</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30 PM</div> <div>FITNESS CENTER</div> <div>CLOSING</div> <div>6:00P - 7:30P</div> <div>PINK OUT</div> <div>PARTY!</div> <div>ZUMBA®</div> <div>Salt River Community</div> <div>Building</div>	<div>25</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>10:00A-10:30A</div> <div>YS EPP MOUSERCISE</div> <div>11:05A-11:50A</div> <div>SPIN W/MICHELLE</div> <div>12:05P-12:50P</div> <div>TOTAL BODY</div> <div>CONDITIONING W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>26</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>11:05A-11:50A</div> <div>LO IMPACT WORKOUT</div> <div>W/RACHEL</div> <div>12:05P-12:50P</div> <div>HIIT w/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>27</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>ZUMBA®W/RACHEL</div> <div>5:30P-6:30P</div> <div>HIIT W/MICHELLE</div> <div>6:30P-7:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div>	<div>28</div> <div>11:05A-11:55A</div> <div>BASIC YOGA W/RACHEL</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>5:30P-6:30P</div> <div>ZUMBA®W/LYNN</div> <div>MICHELLE</div> <div></div>
<div>31</div> <div>12:05P-12:50P</div> <div>CROSS-TRAINING</div> <div>W/RACHEL</div> <div>2:00P-3:00P</div> <div>JTR YOGA (PRIVATE)</div> <div>5:30P-6:30P</div> <div>NO CLASS</div> <div>6:30P-7:30P</div> <div>NO CLASS</div>	<div>Salt River Fitness Center:</div> <div>Monday – Thursday 6:00AM to 7:30PM</div> <div>Friday 6:00 AM to 6:30 PM</div> <div>SRPMIC Fitness Center Eligibility:</div> <div>SRPMIC Enrolled Community Members, Community Members' family, Residents, Tribal and Enterprise Employee (Casino AZ, Talking Stick Resort, Salt River Fields, Landfill, Saddleback, DEVCO, Salt River Material Group, Talking Stick Golf), Red Mountain/Lehi Branch Boys & Girls Club Employee. All individuals are subject to proof of enrollment, residency, employment or affiliation to SRPMIC.</div>			

GROUP EXERCISE CLASS DESCRIPTIONS

BASIC YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life. *All levels of fitness.*

CROSS-TRAINING: This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The purpose is to keep the heart rate elevated near the aerobic level without dropping off to ensure fast, dramatic fitness results. Since the program is fast-paced and offers variety, it can be more interesting than a typical class that focuses on only one aspect (cardio or strength). *Moderate to High intensity.*

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! *Moderate to High intensity.*

LO IMPACT CARDIO: This is designed for those individual who are looking for a low intensity workout with little impact. Instructor will introduce you to variety of group exercise workouts that will be low impact. Muscle conditioning, abs and stretch are included. *Novices and beginners.*

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. *This class is intended for individuals 55+.*

SPIN CLASS: Spinning® or Schwinn Cycling® instructor will take you through a workout for 40 -50 minute ride on the indoor cycling ride through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! *All spinning classes welcome the beginner to advance riders. *We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.* (9-bikes available)

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. *Moderate to High intensity*

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. *All levels of fitness.*

PRIVATE SESSION CLASSES:

YS EEP – “MOUSERCISE”: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

JTR YOGA: This session is for Journey to Recovery clients only.